

5 A Day Recipes

Side Dishes

Citrus Vegetables

Serves 4

Using citrus is a fantastic way to add flavor to your vegetables without adding fat. Limes, in particular, have a wonderful perfume that brightens anything you pair them with, especially vegetables like zucchini and corn.

- 2 tablespoons fresh lime juice
- ½ tablespoon olive oil
- ½ teaspoon chopped fresh oregano
- 4 cups sliced steamed vegetables such as zucchini, corn, and tomatoes

Mix lime juice with oil. Add oregano and pour over vegetables.

This is an official 5 a day recipe, and provides four people with two servings of vegetables each.